

## PEDAL POWER



My father gave me a car to paint pictures on when I was seven years old, and when I was 10, he created what I believed to be the coolest bike around. It was frames of different bikes welded together, making it so tall that we had to stand on the roof of his pickup truck to mount it. It had a tiny racecar-type steering wheel, chrome and black, which he took out of a go-cart. I felt like of like one of those clowns in the circus when I “drove” it.

I still remember the looks on the faces of the neighborhood kids when they saw us take off on that thing, and I also remember the parents who would not allow their kids to play with us because of it.

I was certain that there must be other minds out there like my father’s, but in the rural area we lived at the time, he was certainly a pioneer of such things. By my mid 20s I ended up having close friends who also rode tall bikes, and much later in Amsterdam I spotted the most fascinating one yet. It was powered by many people who seemed to be having a party on board.

I had never forgotten the contraption and was intrigued when my boyfriend came home from a critical mass bike ride to describe something very similar here in Minneapolis. A short time later I encountered it myself while serving ice cream at a National Night Out block party on Wentworth.

The guy in charge of this wild ride turned out to be Kingfield resident Hans Early-Nelson, and the “Pedal Cloud” as he refers to it, is 950 pounds of recycled parts including 10 sprockets, 11 bike frames, a 1974 VW bug chassis and a big bicycle wheel complete with spokes used to steer it.

The Pedal Cloud was not Hans’s first attempt at a human-powered vehicle. He and fellow artists Julia Kouneski, Juliana Peterson, and Matt Carlyle first built something more like a human-powered house. It was a fishing house they rode around Plymouth’s Medicine Lake in the winter of 2007 as part of the Soap Factory’s Art Shanty Project. Jack Becker of St. Paul’s Forecast Public Art chased them down on the ice and commissioned the team of artists to make a land cruiser suitable to ride in parades and festivals to honor the 30th anniversary of the group. That is how the F30 Pedal Cloud was born, and it has been cruising through Twin Cities events ever since.

Having driven unusual modes of transportation myself, I knew what Hans meant when he described people’s reactions to the ride as collection of nice comments and craned necks. When I asked him how the police react to it he stated, “They just want to know how it works and be assured it has lights at night, which is does.”

The Pedal Cloud has been so popular that Hans would like to see as many made as is possible. “It gets people together in such a simple way, and it’s very intimate,” he says.

If you would like to rent the Pedal Cloud for your warm-weather event, you can reach Hans at [pedalcloud.com](http://pedalcloud.com).

— JobyLynn Sassily-James

## Election for the KFNA Board & Smorgasbord!

*KFNA Annual Meeting  
Monday April 20 @ 7-9 PM  
Martin Luther King Park  
41st and Nicollet Ave. S.*

Spring has sprung, the days are hectic, and the last thing you need is to cook another dinner! So on Monday, April 20, stroll on down to MLK Park at 6 p.m. and enjoy A Taste of Kingfield, a sampling of tidbits and tasty treats from many of our fine local restaurants including, in part, Victor’s, Butter, and Anodyne.

Sample the variety of Kingfield, catch up with neighbors, and then stay for the 7 p.m. Annual KFNA meeting to learn about what is going on in your neighborhood and how you can be a part of it! Seven officers will be elected to the board for 2-year terms. Questions regarding KFNA, its operating procedures, responsibilities, and mission can be directed to Sarah Linnes-Robinson, KFNA Executive Director, [sarah@kingfield.org](mailto:sarah@kingfield.org) or 612-823-5980.

**Free childcare is available** from 6:45 to 9 p.m. for kids ages 5-12 by Leonardo’s Basement. To guarantee that it’s available, however, please pre-register by contacting KFNA.

## KFNA 5% Exterior Home Improvement Loans

Five loans of up to \$10,000 are still available to Kingfield homeowners for their spring exterior home repair projects. There is no household income limit for this program, which is administered through the Center for Energy and Environment (CEE). This funding, along with the 12 loans provided to residents last year, comes from Kingfield’s Phase II allocation of Neighborhood Revitalization Program funds. Information, including a list of eligible projects, can be found at [www.kingfield.org/grant-programs/](http://www.kingfield.org/grant-programs/) or call Jim Hasnik with CEE at 612-335-5885.

## SHOPPING LOCAL:

**If you own a small business or home based business within Kingfield, please consider completing the online form at: [www.kingfield.org/small-home-business-survey/](http://www.kingfield.org/small-home-business-survey/)**

At KFNA we repeatedly hear that Kingfield neighbors value their community, want to support local businesses, and really want to support their neighbors in their community. But due to a lack of signage or other outward advertising, neighbors may not know that a small business near them exists.

KFNA is trying to determine how to best support our small neighborhood businesses, including home-based businesses. Home-based businesses actually help keep our neighborhood safer (more people home during the day with “eyes on the street”), help the economy and vitality of other small businesses in the neighborhood (how many meetings occur at Anodyne or Caffé Tempo?), and help the environment by cutting down on driving, especially during rush hour.

KFNA would like to keep these businesses thriving, and one way is to connect neighbors to other neighbors. Wouldn’t it be great to fill all your tax-preparation,

## It might be as easy as walking next door!

back-alignment, or photography needs close to home? (Not to mention your needs for graphic design, group facilitation, music lessons, or...?)

For example, among the residents of the 3800 block Pillsbury, more than half a dozen are small business owners. Some own home-based businesses, some own businesses with offices in Kingfield, and others are owners of businesses headquartered outside of the neighborhood. Here are a few of them:

### SACRED SPACES

Loretta Spry has owned and operated Sacred Spaces for seven years. Her business specializes in housecleaning, de-cluttering, and organizing. Typical clients are families, couples, and individuals who desire more order and calm in their lives. Sacred Spaces can be reached at 612-824-1303.

### WISDOM HORSE COACHING

Wisdom Horse Coaching, co-owned by Lynn Baskfield, leads clients through interactive exercises with horses. The company offers customized individual coaching programs and personal retreats, as well as corporate team building and leadership training. Contact Wisdom Horse Coaching at 612-823-7022, or visit them online at [www.wisdomcoaching.com](http://www.wisdomcoaching.com).

### ENERGYSCAPES, INC

EnergyScapes, Inc., owned by Douglas Owens-Pike, designs and installs native landscapes that are low-maintenance and energy-efficient. Contact EnergyScapes at 612-821-9797, or visit them online at [www.energyscapes.com](http://www.energyscapes.com).

### CATALYST CONSULTING GROUP

Catalyst Consulting Group, owned by Nancy Weiss, can provide training and education, process improvement, information design, and documentation services for your organization. Contact Catalyst Consulting Group at 612-825-3341, or visit them online at [www.catalystconsultinggroupllc.com](http://www.catalystconsultinggroupllc.com).

We know these businesses represent only a few of the many here in Kingfield. Through the Kingfield Small Business form on the KFNA website we are trying to understand the range and number of home-based businesses within Kingfield. Please consider submitting the Small Business Registration and letting us know that you and your business are out there. Then we can start the conversation about how KFNA can best help you connect to neighbors.

— Marshall Onsrud





# From the KFNA President

There is always a period of time every year in which it's not hard to believe that you're the only person who lives on your block. Inevitably, by the middle of February my wife and I will realize that it has been months since we last saw some of the neighbors whom we see on a daily basis during the summer. Dog walks are shorter, activities are indoors, and the passing encounters we rely on to keep us connected to many of our neighbors don't happen as easily.

While nothing can compare to actually seeing our friends and neighbors in person, I'm buoyed by the uptick in e-mails and instant messages that try to compensate for this seasonal isolation. Occasionally

the e-mails result in a happy hour or movie night at somebody's house, but they're most importantly a reminder that the wonderful community that drew us all to Kingfield is still very much present, even if a bit snowed in.

As an organization, KFNA struggles with the role that digital technology plays in fostering a sense of community. We attempt to toe the line between the convenience and ease of electronic communication and the inclusiveness and effort of printed media, but we are always trying to find ways to use both better.

Over the next few months, KFNA will be identifying and incorporating enhanced communication opportunities into the website and our weekly e-mails (which you can subscribe to on the website). Some of these strat-

egies have already been implemented, such as a new "Eyes on the Street" weekly posting on the website, but we're always looking for new and fresh ideas. So please write me an e-mail (tom@kingfield.org) or call the office to share thoughts on how KFNA could better support neighborhood communication through emerging technology.

While I wouldn't trade my conversations over the proverbial fence with neighbors for anything, I think we all find ourselves appreciating another way to keep up those relationships. While it may not always feel this way, exchanging e-mails with neighbors or posting comments on Kingfield's website is an important and proactive step in making our neighborhood safer, more connected, and friendlier.

– Tom Parent, KFNA President

## Community Service Area #2 (CSA #2): Fuller – King – Lyndale Farmstead Parks

Spring Program Registration for Minneapolis Parks begins Monday March 9 at 6 p.m. Register online at [www.minneapolis-parks.org](http://www.minneapolis-parks.org), or at the park. Kid's programs are still being scheduled as this paper is printed; please check the website for CSA #2: Fuller, King, and Lyndale Farmstead Parks. Programs will include dance, sports fundamentals, environmental education, arts and crafts, and more.

### Ongoing Programs @ MLK Park: Children and Teens:

Open Gym (sign-in required for kids, ID required for teens) Mon.-Fri. at 3:30 to 5:30 p.m. AND Mon. & Thurs. at 5:30 to 8:30 p.m.

### Beginning in April @ MLK Park: Adults:

Open Volleyball – Mon. 6-8:30 p.m. • \$3/week  
Open Dodgeball – Thurs. 6-8:30 p.m. • \$3/week  
Senior Ceramics – Thurs. 9 a.m. -1 p.m.  
\$15 plus project fee

## Thank you Kingfield Neighbors and Businesses!

Your amazing support of KFNA and the work we do with you builds a more cohesive, better connected, actively engaged community!

As a result of our fundraising request this past winter, in spite of a national financial crisis, neighbors and our small business community donated over \$8,000 to KFNA, your neighborhood nonprofit!

This is an impressive and important amount of money to KFNA. For example, this amount of money can cover a large portion of KFNA's communication costs for an entire year including phone and internet connection, website and e-mail list development and maintenance, and production of two issues of this quarterly newsletter. Alternatively it could also cover the annual insurance for the organization and permits for our off-site events and activities, rent and office operations for the year, and the cost of bookkeeping and payroll services.

Needless to say —looking at those numbers—we run a pretty streamlined organization that is largely fueled by volunteer power and initiative. For this, we are also very thankful, for our volunteer hours even outweigh the cash contributions from 2008! Thank you all!!

### KFNA THANKS OUR 2009 BUSINESS SPONSORS!

Anodyne • Butter • Curtis Walker, Attorney at Law • Dunn & Semington • Gee Teez • Johnson Design + etc  
The Lander Group • Nicollet-Ace Hardware • Odds n Ends • Plymouth Church Neighborhood Foundation  
Quality Coaches • Rau + Barber • Ungerman Construction • Victor's 1959 Café

## NEW SALON IN THE NEIGHBORHOOD

Possibilitease Unisex Spa raised a few eyebrows before it opened in late January. We are pleased to report it is "The Spot for Hair and Skin," rather than any other business focus that the name may conjure up!

include facials, eyelash and eyebrow treatment, and waxing. They cater to both men and women. Carrie Trenner is the hair care specialist, and Kathy Smith is the skin care specialist.

Hair care services include cutting, styling, curling, relaxing, conditioning, and extensions. Skin care services

POSSIBILITEASE • 4423 Nicollet Ave. S.  
612-825-3273 or 612-825-1971

## GOING GEOTHERMAL

You may think a geothermal heating system is only being used for new construction out "somewhere" in the suburbs. But Martha and Rich Ingram of Kingfield have shown that a geothermal system can be retrofitted to a 1915 house as well.

When coupled with cleaner grid energy, a geothermal system can help save energy and reduce CO2 emissions in both the heating and cooling of your house. The system works by "pumping" heat to, or from, the earth near your home.

Because of the Ingram's limited yard space, adaptations were made. Their ground loops needed to be drilled vertically instead of being routed in a horizontal excavation. Four holes were drilled 180 feet deep to give enough heat transfer for their 4-ton capacity heat pump. A down-and-back tubing loop was inserted into each hole, and then an insulation backfill material was used to prevent thermal conduction from one tube to another. An 8-foot-deep trench was used to connect and route the tubing to the bottom of the basement wall. All the work for the vertical loops was completed in five days.

A new Econar heat pump was installed in the basement alongside the Ingram's existing hot water boiler. The heat pump is a forced air system, which uses slightly larger ductwork than a conventional system. The Ingrams added new ductwork to their house last year in preparation for the new geothermal system. Geothermal pumps can also be used for radiant floor heating, but typically do not work for hot water radiators in older houses due to the higher water temperature requirements.

The Ingram's heat pump is a 3-stage system, which can provide both heat in the winter and air con-


ditioning in the summer. The first two stages use two different fan speeds to control the heat provided. The third stage adds a resistive heating element to provide any additional heat needed on the really cold days, which is more cost effective than sizing the heat pump for worst-case conditions. Since they chose to keep their existing boiler, they can qualify for the Excel Energy dual fuel program and get their heat pump electricity at discounted rates.

The cost of a vertical system like the Ingrams' is around \$20,000, with the cost of the drilling representing about half that total. A horizontal system is typically cheaper, if you have the space.

A geothermal system is typically 3 to 4 times more effective than a standard heating system, translating into substantial energy savings and lower utility bills. The payback period on the investment depends on actual installation costs, rebates, efficiency of the existing system, increased home value, and fuel vs. electrical energy costs. The minimum payback period is probably around 5 years, and it could be as long as 30 years for more expensive installations.

– Dave Peichel





### About the Kingfield Neighborhood Association (KFNA)

The Kingfield neighborhood runs from 36th to 46th Streets, between Lyndale Avenue and 35W.

**KFNA Office Location:**  
The Center for Performing Arts  
Room 101 • 3754 Pleasant Ave. S.  
Minneapolis, MN 55409

Phone ..... 612.823.5980  
E-mail ..... info@kingfield.org  
Website ..... www.kingfield.org

The KFNA board meets the 2nd Wednesday of the month at 7 p.m. at Martin Luther King Park, 4055 Nicollet Ave. S.

**2008-09 KFNA BOARD OF DIRECTORS:**  
Mark Brandow ..... 612.306.0044  
David Brauer ..... 612.822.8601  
Chris DeParde  
Secretary ..... 612.823.0182  
Arthur Knowles  
Vice President ..... 612.823.0808  
Tom Parent  
President ..... 612.331.2463  
Karen Pieper ..... 612.822.2304  
David Potosky ..... 612.825.6630  
Dave Saddoris ..... 612.396.3472  
JobyLynn Sassily-James  
Treasurer  
Diana Schleisman ..... 612.822.4690  
Chris Sur ..... 612.377.0544  
Marie Wolf ..... 612.824.3262

**KFNA STAFF:**  
Executive Director:  
Sarah Linnes-Robinson ..... 612.823.5980  
Project Organizer:  
Sarah Gleason ..... 612.823.5980x3

**KINGFIELD NEWS**  
If you are interested in writing, editing, designing, or taking photographs for the *Kingfield News*, call KFNA at 612.823.5980 or email at info@kingfield.org.

**EYES ON THE STREET:**  
A new tool on the KFNA website for neighbors to use to share crimes and concerns. Visit [Kingfield.org](http://Kingfield.org) for more information.





# Green Demo at 3700 Nicollet Avenue

The Werness Brothers Funeral Home has been removed to make way for the development of Nicollet Square at 37<sup>th</sup> and Nicollet Avenue. Many neighbors undoubtedly noticed the demolition process that took place over a couple of days in January. Less obvious was the “deconstruction” process that took place prior to the demolition. Hazardous materials such as asbestos or lead paint were abated, historic materials were preserved, and many other building materials were diverted from landfills.

Items saved range from the pedestrian, like an old rotary phone, to the macabre, such as the embalming table. 6,471 linear feet of Douglas fir floorboards, 59 light fixtures, and 25 doors were salvaged from the property. The Green Institute, a non-profit environmental organization,

## THE JUSTICE LEAGUE: Working alongside neighbors for the right to a livable community!

Restorative Justice Community Action (RJCA) is a Minneapolis nonprofit that began in the Stevens Square neighborhood, dedicated to improving community livability through restorative justice practices. RJCA recently expanded their service area to include Kingfield, bringing us a new tool neighbors can use to address crime and strengthen community relationships.

Restorative justice is a victim-centered response to livability crimes, with the goal of repairing whatever damage was done, to the extent possible. Offenses that can be addressed through this community-based process include graffiti, littering, loitering, excess noise, disorderly conduct, and possession of drug paraphernalia. Incidents involving weapons possession or assaultive behavior are not eligible.

Offenders cited for eligible offenses are offered the chance to participate in restorative justice instead of going through the formal court system. Offenders must admit responsibility, and cannot have a history of violent offenses. RJCA has built institutional partnerships with the police department and the City Attorney’s Office, to ensure that eligible offenders are aware of the restorative justice option. The earlier in the process they opt for restorative justice, the fewer resources the traditional court system needs to devote to these cases.

RJCA uses a face-to-face model called “community conferencing,” guided by two neutral facilitators. Victims and neighbors participate in the conferences, with victims educating offenders on the impact of their behavior, and helping decide how they should make amends. Both community participants and of-

sold approximately \$8,800 worth of building materials at the site and another \$19,700 of materials were brought back to be sold at the ReUse Center retail store diverting almost 8 million tons from the landfill.

This green deconstruction process is just the beginning of the green commitment by the Housing 150 Taskforce of Westminster Presbyterian Church and Plymouth Congregational Church. Nicollet Square will meet or exceed the Home Energy Rating System (HERS) standard of the Minnesota Green Communities and will include Energy Star appliances and light fixtures, low-VOC paints and adhesives, water-conserving fixtures, and an extensive storm-water retention system.

fenders (called “referred participants”) must agree on the plan for repairing the harm. Often the agreement includes some community service, to be completed in the neighborhood where the offense took place.

This winter I participated in Kingfield’s first restorative justice community conference. I sat in a small circle of chairs, along with two neighbors cited for having their dogs off-leash in Martin Luther King Park, a supporter one of them had invited, the director of the park (like me, a first-time community participant), an experienced participant from another neighborhood, and two facilitators.

It was a little awkward at first, and there were some real emotions, but the facilitators guided us ably through the process, and by the end we all agreed that we felt more connected, and that some good would come out of it for everyone. I was glad to get to know some residents who care about their neighborhood and want to do their part. We might even end up with more dog-friendly spaces in Kingfield as a result!

You can support restorative justice in Kingfield in a variety of ways, beginning with participating in a community conference. These typically last two hours, and you can decide how often you want to participate. If you are interested, or just want to learn more about restorative justice, you can come to a neighborhood information session, 7 to 8 p.m. on Thursday, March 19, at Martin Luther King Park, or contact Taryn Runk, the RJCA community coordinator for Kingfield, at 612-746-0784 or trunk@rijca-inc.org.

– Sarah Gleason

# RiverLake Greenway Plan Update

An open house for the RiverLake Greenway was held this winter to gather public feedback on proposed design options for the remaining portions of this 4.5-mile pedestrian and bicycle route. Running along 40th Street, the route connects Lyndale Farmstead Park and the Mississippi River. The sections east of I-35W to the River, all part of the City’s 5-year bike plan, were the subject of the February 4 meeting.

According to Don Pflaum, the City of Minneapolis engineer working on the project, “Planning [of Phase III of the project] is expected to be complete in 2009, and we expect to complete construction of the current project scope in 2010. We are now in the final stages of something that has been a very long time in the making.”

He’s not kidding about how long this project has taken. The RiverLake Greenway was conceived by Kingfield residents Steve Brandt and Steve Jevning as far back as 1999. The Kingfield-Farmstead portion of the route was the first section completed in 2004. In this first planning phase, Kingfield businesses and residents expressed concerns about the original design. Concessions were made, adjusting the amount of parking to be eliminated and placement of the bump-outs.

The Phase III design has also seen changes. Plans to convert 40th Street into a one-way during Phase III were scrapped, due to resident and business objections. The new plan will convert 40th Street into a bike boulevard along some sections, and a sharrow (shared car and bike lane) along other sections. The plan will now preserve parking along both sides of the street for much of the route, only reducing parking to a single side of the street where the street becomes too narrow.

Numerous concerns were raised by attendees about the safety of the proposed crossings at major streets, and Kingfield resident Scott Bordon, a year-round cyclist, raised questions regarding winter plowing along the route. Although Pflaum’s response of putting in an informal request for preferential plowing didn’t satisfy Bordon, he later confided, “I think the Greenway plan will be a huge improvement and I plan on biking along this route. I can see why it would be difficult to make a plan that will satisfy everyone.” Bordon sees the RiverLake Greenway as more of a commuter route than a parkway.

Phase III of the RiverLake Greenway project is expected to cost slightly more than \$1,000,000. Construction costs will be split between the City, neighborhoods, and the federal government. The City will budget \$100,000 for the project, and each neighborhood will be asked to contribute between \$25,000 and \$50,000. The rest of the funding will come from a TEA-21 grant (Transportation Equity Act for the 21st Century) from the federal Department of Transportation.

– Marshall Onsrud

## Neighbor to Neighbor

Kingfielder Lori Wilson takes to the street with her notepad and camera to ask residents about their neighborhood and this seemingly unending winter:

- Q: WHAT ACTIVITIES ARE YOU LOOKING FORWARD TO AFTER THE WINTER THAW?**  
**MATT:** Seeing and hanging out with my neighbors. I live on a great block, and everyone tends to shut off in the winter.
- TERESA:** I love going on aimless walks with no clue where I’m going and just soaking in little details on every street. It’s a cheap thrill!
- LEAH:** I can’t wait to run outside when the snow starts to melt! I also am really excited to be able to play tennis outside again.

- Q. WHAT PLACES WOULD YOU ENCOURAGE NEW KINGFIELD RESIDENTS TO VISIT?**  
**MATT:** I would say Minnehaha Creek. It’s not exactly in the Kingfield area, but so often there is a parade of people at the Lakes. Minnehaha is a beautiful place, and no one is ever there.
- TERESA:** I’d like to put in a plug for Roadrunner on Nicollet. It’s a record and CD store, and any weird music need you have will get filled here.
- LEAH:** I would definitely tell them to go to Victor’s Café! I love that place. If it were summer, I’d tell them to take a walk to the Rose Gardens and watch the sunset at Lake Harriet.



MATT VAN DYKE  
Kingfield resident since 2003



TERESA LEWIS  
Kingfield resident since 2001



LEAH HAKKOLA  
Kingfield resident since 2008

## 2009 Bike or Walk to Work Day on May 14<sup>th</sup>

Bike Walk Ambassadors, a project of the Minneapolis Public Works Department, sponsors a yearly day-long celebration during national Bike/Walk to Work Week. Although details of this year’s May 14 celebration are still being planned, we know that Kingfield neighbor Randal Pherrnetton will lead the bike convoy from Martin Luther King Park to one of the primary breakfast party spots at the Government Center in downtown Minneapolis.

It will be the third year that Randal will lead our bikers downtown. In a change from previous years, when the ride was a straight-shoot downtown, this spring’s convoy will act as a “bus,” following a specified route with scheduled stops for people biking and walking.

In the two years that Randal has led this bike convoy he has seen a 500% growth in participation from Kingfield neighbors. (The first year he biked the route alone, and last year he had 5 neighbors join him!) We are striving for another monumental increase of bike-bus riders this year!

The Bike Walk Ambassador Project is talking about other ways to continue the celebration of biking throughout the day and the city. Happy hours, satellite breakfast locations, evening activities, and other events are being discussed for May 14. If you are interested in sharing your ideas or time in planning or supporting these events, contact the Bike Walk Ambassador Program office at 612.333.3410 or the program manager, Lynnea Atlas-Ingebretson, at lynnea.ai@ci.minneapolis.mn.us.

Questions can also be directed to Randal, who is in the process of being trained as a bike ambassador, at randaljohn@hotmail.com or 612-695-1366. Be sure to contact Randal directly if you are interested in riding the bike-bus, so he can update you with start-time and celebration details!

## Working Together at 38th and Nicollet

Thanks to Michael Lander of Lander Group for generously hosting a great gathering of key 38th and Nicollet stakeholders on February 5th! Michael welcomed 11 business and building owners, a resident/KFNA board member, a church leader, and two staff people from KFNA to his beautiful offices at the 3800 Nicollet building, where Lander Group is now based. Everyone was pleased to see and hear about positive developments regarding the 3800 building.

The question of the morning was: What might we do together to make this intersection an even better,

safer place to live and do business? The group had an engaging discussion about many aspects of business and life around 38th and Nicollet. Topics that generated energy and ideas were graffiti, lighting, parking, greening, litter, bus stop use and design, police presence, and security cameras. “Next steps” were identified, and KFNA will follow up with business and building owners who could not attend.

This was a great first step—there certainly will be more to come from the ideas shared in this gathering. Thanks to all who participated!



THE NEW “URBAN GROWTH”:
New Models for Growing Produce in Our Neighborhoods

When we heard the outcry for fresh food in the neighborhood over 8 years ago, we went to work creating the Kingfield Farmers’ Market. Now that the market is running on its own, KFNA has begun to look for additional ways to bring fresh food into the neighborhood. As a first step, KFNA staff and a handful of neighborhood volunteers have begun researching programs that help neighbors grow vegetables in their own yards—talk about local produce!

The following is a bit of information on the programs we have been researching. If at least a handful of residents are interested in participating in each program, we might grow a community of urban farmers and a network of urban farms in Kingfield.

BACKYARD HARVEST is a community-building program in urban permaculture, a system of sustainable agriculture that renews natural resources. Essentially a farmer contracts with a homeowner to create and maintain a garden in their backyard; the weekly harvest from the garden goes directly to each homeowner. The program provides both garden fresh food and garden education for homeowners and neighborhoods, as well as entrepreneurial and small-scale food production training for Backyard’s urban farmers.

For approximately \$1,165, a customer receives a 100-square-foot garden, which is designed, planted, maintained, harvested, and cleaned up by the farmer. Additional units may be purchased at reduced cost.

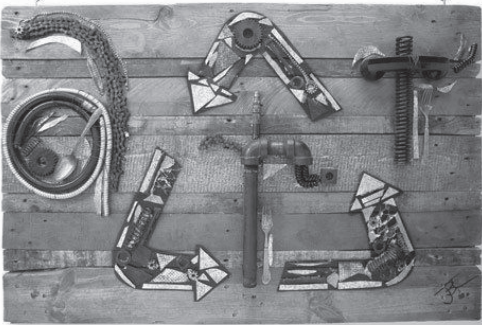
2009 is the pilot year for the Backyard Harvest program, which will be focused on clusters of 5 to 6 customer areas in Minneapolis and St. Paul. Backyard Harvest approached KFNA because they recognized Kingfield as an organized progressive neighborhood with an interest in local foods and green living in general. If KFNA can identify enough households interested in having an

urban farmer working on their land in Kingfield, our neighborhood would serve as a cluster site for their program.

While an urban farmer tending your land may fit some residents’ needs, others may prefer to grow their own food. If being your own farmer interests you, you may want to become an Urban Gardener and learn about growing food at a series of six classes. Classes start April 4 and run through May 16th, Saturdays from 9 a.m. to 11:30 a.m. at Sabathani Community Center, 310 East 38th Street, Minneapolis.

URBAN GARDENER classes are geared to both beginning and experienced gardeners, and those who have limited access to fresh produce are most strongly encouraged to enroll. Classes cover the basics of starting plants from seed, preparing the soil, designing a garden plot, and maintaining a healthy garden. Urban Gardeners will develop a design for their own garden and participate in demonstrations in the Sabathani Community Garden. Classes are sponsored by the University of Minnesota Extension Service, Sabathani Community Center, and Gardening Matters; they are taught by Hennepin County Master Gardeners. Spanish interpreters will be available.

If you would like to grow your own food but do not have a yard or sufficient sunlight in your yard to do so, there are still options. Participants in the Urban Gardener program can choose to garden at home, in the Sabathani Community Garden, or in a different community garden. Gardening Matters is an organization that works to promote and preserve community gardens across the Twin Cities. Search their Garden Directory to find one near you at www.gardeningmatters.org. Better yet, if you know of a vacant lot or underutilized yard belonging to a church or school, contact them and see if they can help you turn it into a community garden!



aRt: ReDefine, ReCreate, Relnvent

Kingfield Community Art Show & Silent Auction
March 21, 7 to 10 p.m.
Rau + Barber at 4244 Nicollet Ave. S.
\$10 presale • \$20 at the door • Cash Bar

Materials for the creative soul are all around us! Local artists and community members have created art by reusing or rediscovering items and images in unexpected ways. Come view and purchase their work at this one-night event celebrating the thrifty tinkerer and the treasure-hunter in us all!

Select pieces will be hung for preview at Anodyne @43rd (4301 Nicollet Ave. S.) or visit the online gallery at kingfield.org. Presale tickets can be purchased at Anodyne or via PayPal at www.kingfield.org (link is posted in the left column on the site). Interested in volunteering? Sign up for a shift & the ticket’s on us!

QUESTIONS? Contact sarah@kingfield.org or call 612-823-5980.

FOOD ARTISTICALLY CREATED BY:
Mike Phillips, Chef at The Craftsman
and
Jenny Breen, Chef Educator, Good Life Catering

WINE PROVIDED BY:
Corey Lahm, Cat & Fiddle Beverage Company

SHOW PARTNERS:
Anodyne@43rd • Color Wheel Gallery
Leonardo’s Basement • Rau + Barber
Victor’s 1959 Café

Contact these businesses to learn more about their programs!

Backyard Harvest Program
Krista Leraas, Coordinator
harvest@pricoldclimate.org
612-209-2146

Urban Gardener Program
Art Serotoff
serotoffart@sabathani.org
612-821-2313

Gardenworks
Ila Duntemann
West Metro Coordinator
info@gardenworks.org
612.278.7123

Calendar of Events

March 9 Spring program registration begins for MPLS Park & Rec.
www.minneapolisparcs.org

March 21 aRt: ReDefine, ReCreate, Relnvent: Community
Art Show and Silent Auction,
Rau + Barber, 4244 Nicollet Ave. S.
(See story on page 4)

March 28 South Minneapolis Housing Fair
South High School, 3131 19th Avenue South

March 28 4th Annual Community Garden Spring Resource Fair
Unity Church-Unitarian, 732 Holly Ave, St Paul
\$3 Suggested Donation at Door /612-492-8964

Submit April 1 Center for Performing Arts Spring Film Festival. All ages.
Submit video or film by April 1 for May showing. Submission
details online at www.centerforperformingarts.net

April 4, 7, 9 School Release Day Trips for youth ages 6-12
April 4: Swimming at Shoreview Water Park, \$13
April 7: Bowling at Flaherty’s, \$17
April 9: Minnesota Zoo, \$18

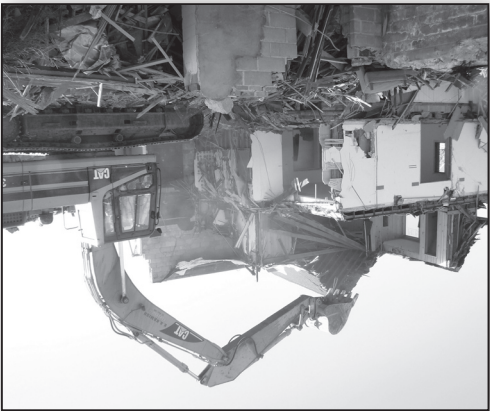
April 9 King Park Bunny Party
Martin Luther King Park, 4055 Nicollet Ave. S.
Register online at www.minneapolisparcs.org
or online at www.minneapolisparcs.org

April 9 6:30 - 8 p.m. FREE
King Park Earth Day
Martin Luther King Park, 4055 Nicollet Ave. S.
www.minneapolisparcs.org

April 18 9:30 a.m. - Noon.
King Park Earth Day
Martin Luther King Park, 4055 Nicollet Ave. S.
www.minneapolisparcs.org

April 20 KFNA Annual Meeting & Potluck
Martin Luther King Park, 4055 Nicollet Ave. S.
(See story on page 1)

May 14 Bike/Walk to Work Celebrations (See story on page 3)



Demolition of
3700 Nicollet
Avenue South
in January, 2009.
Read about it
on page 3.

Kingfield Neighborhood Association
3754 Pleasant Avenue South
Minneapolis, Minnesota 55409
612-823-5980 – kfna@email.com
www.kingfield.org

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Spring 2009